



Program Reminders



Reminder: Choices for Children does not send out tax statements (1099) to providers who participate on the CACFP. However, **you can access your Tax Report in KidKare by going to Reports>Claim Statements>Tax Report>Select Year. In Minute Menu Kids to Claims>Review Claims> Tax Report.**

Be sure to check out the following IRS link to learn about taxes as related to your Child Care business including how to report CACFP reimbursements:

[IRS Link for Child Care Providers](#)

Policy Updates

Check your Claim Summary & Error Report for Warning Messages for New Meal Pattern Changes

The New CACFP Meal Pattern changes for Infants and Older Children went into effect October 1, 2017. Warning messages are being generated on your Claim Summary & Error Report for meals and snacks that do not meet the new meal pattern requirements. Be sure to check your Claim Summary & Error Report in KidKare by going to Reports>Claim Statements>Claim Summary. These warning messages are intended to help you adjust your current meals and snacks to the new meal pattern requirements. Remember, after October 1, 2018 these warning messages will become disallows.



Holidays:

**President's Day
February 19th**

January Claim Deadlines

Web Kids: **Submit** by February 1st
Scan Forms: **Must Be Received by February 5th**
(Late Scan Forms will not be accepted!)
Enrollment Forms: **Received by February 5th**

Continuing Development, Inc. (Choices for Children) is an equal opportunity provider.

Nutrition News

Top 10 Heart-Healthy Foods for 2018

Many foods can help keep your heart at its best. Some help lower your blood pressure. Others keep your cholesterol in line. So add these items to your shopping cart:

1. Salmon This ocean-going fish is a top choice because it's rich in omega-3 fatty acids. Omega-3s have an anti-clotting effect, so they keep your blood flowing. They also help lower your triglycerides (a type of fat that can lead to heart disease). Aim for at least two servings of oily fish each week, says the American Heart Association. A serving is 3.5 ounces. That's a little bit bigger than a computer mouse. **Other options:** Tuna, trout, sardines, and mackerel.



2. Walnuts Nibbling on 5 ounces of nuts each week may cut your risk of heart disease in half. Walnuts have lots of "good" fats. When you use these monounsaturated fats in place of saturated fats (such as butter), you cut your "bad" LDL cholesterol and raise your "good" HDL cholesterol. Walnuts are also a good source of omega-3 fats. Other options: Almonds, cashews, pistachios, flaxseed, and chia seeds.

3. Raspberries These berries are loaded with polyphenols—antioxidants that mop up damage—causing free radicals in your body. They also deliver fiber and vitamin C, which are both linked to a lower risk of stroke. **Other options:** Any berries—strawberries, blueberries, blackberries—are great choices. Fruits and vegetables in general are excellent choices because of their nutrients and fiber.



4. Fat-Free or Low-fat Milk or Yogurt Dairy products are high in potassium, and that has a blood-pressure-lowering effect. When you choose low-fat or fat-free dairy, you get little to no saturated fat, the kind of fat that can raise your cholesterol. **Other options:** Bananas, oranges, and potatoes are especially good sources.

5. Chickpeas Chickpeas and other legumes (lentils, other kinds of beans) are a top-notch source of soluble fiber—the kind of fiber that can lower your "bad" LDL cholesterol. If you buy canned beans, look for low-sodium or no-salt-added varieties (sodium can raise your blood pressure). Rinse them in water to wash off any added salt. **Other options:** Eggplant, okra, apples, and pears are also good choices for soluble fiber.



6. Oatmeal Oats have a type of fiber (called beta-glucan) that lowers your LDL cholesterol. One and a half cups of cooked oatmeal or a little over a cup of cooked barley gives you the amount of beta-glucan you need daily to help lower your cholesterol. **Other options:** You can also find beta-glucan in barley, shiitake mushrooms, and seaweed.

7. Olive oil A cornerstone of the traditional Mediterranean diet, olive oil is a great pick when you need to limit saturated fat (found in meat, whole milk, and butter). Fats from animal products, and trans fats ("partially hydrogenated oils") raise your "bad" cholesterol and can make fat build up inside your arteries. **Other options:** Canola oil and safflower oil.

8. Avocados These fruits get their creamy texture from "good" (monounsaturated) fats, which lower your "bad" cholesterol. They also seem to have an anti-inflammatory effect, so you don't get chronic inflammation that makes atherosclerosis—the hardening of artery walls—worse. Use mashed avocado as a spread in place of butter, or add cubes of it to salad, or over black bean chili. As delicious as they are, avocados are high in calories, so keep your portions modest. **Other options:** Nuts and sunflower oil.



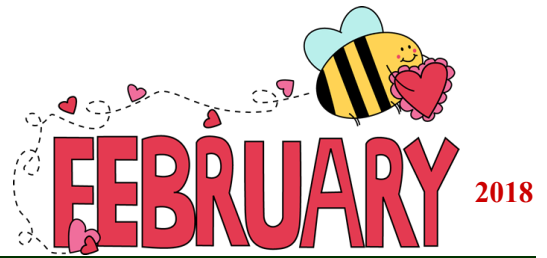
9. Unsalted almond butter Nut butters are great on whole-grain toast instead of butter. They're a wonderful source of monounsaturated fatty acids. Use unsalted, natural options to avoid added salt, sugar, and hydrogenated fats found in other forms of peanut butter. **Other options:** Unsalted peanut butter or any other unsalted nut butter.

10. Red Grapes These juicy fruits have resveratrol, which helps keep platelets in your blood from sticking together. **Other options:** Black grapes


Source: adapted from: www.webmd.com/food-recipes/features

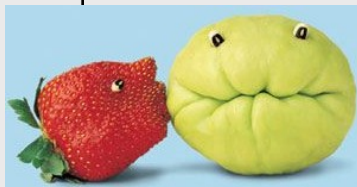
CONGRATULATIONS!
Providers of the Month
PATRICIA WOODS
JULIE CRUZ

Minute Menu Magic



BREAKFAST				<i>All Day with</i>
				JULIE CRUZ
Avocado and Cheese	Grapefruit	Apples	Strawberries	Pears
Corn Tortilla	Croissants	Hard Boiled Eggs	Wh. Grain Banana Bread	Cottage Cheese
1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
SNACK				
Pumpkin Bread	*Butter-Nutty Dip	*Italian Soup in a Flash	Kix Cereal	Oatmeal
Applesauce, 1% Milk	Whole Grain Crackers	Pasta	1% Milk	Blueberries, 1% Milk
<i>Lunch and Snack with</i>				
LUNCH/DINNER				
PATRICIA WOODS Mozzarella Cheese	Chicken Pesto Panini with Havarti Cheese	Beef Ribs	*Turkey and Kale and	Salmon
Brussels Sprouts	Tomato Slices	Edamame	Spaghetti Squash	Artichoke
Blackberries	Cauliflower	Carrots	Red Apples	Green Salad
Pizza Crust	Ciabatta Bread	Whole Wheat Rolls	Garlic Bread	Pilaf Rice
1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)	1% Milk (6)

W E E K L Y G R O C E R Y L I S T	Refrigerated 1% Milk Eggs Mozzarella Cheese Havarti Cheese Cottage Cheese		Turkey and Kale Spaghetti Squash 1 (2 to 2 ½ pound) Spaghetti Squash 1 tsp. Oil 1 med. finely diced Yellow Onion ¾ lb. ground turkey 1 ½ C frozen chopped kale, thawed	1 (28-ounce) can crushed Tomatoes 1 tsp. minced Garlic 2 tsp. Italian seasoning blend ¼ tsp. each Salt and Black Pepper ¼ C Parmesan Cheese	
	Frozen Spinach Mixed Vegetables Edamame Kale		Produce Pears Bananas Avocado Carrots Apples Garlic Blackberries Brussels Sprouts Blueberries Grapefruit Spaghetti Squash	Preheat oven to 400°. Cut spaghetti squash in half lengthwise; scoop out seeds and discard them. Place cut-sides-down into a large baking dish; add 1" water. Cover with foil and bake until squash strands are easily removed with a fork, about 50-60 min. Meanwhile, in a med. pot, warm oil. Add onions and sauté 7 minutes. Add turkey; cook about 5 min. Stir in chopped kale and garlic, cooking about 1 min. more. Add tomatoes and remaining seasonings. Bring mixture to a boil; reduce heat to a simmer, cover, and let cook about 25 min. When squash is done, remove from oven (but keep oven on). Use a fork to shred the squash. In a large bowl, add the squash and turkey sauce, using tongs to coat the squash in sauce. Transfer the squash into a large baking dish. Return to the preheated oven and cook 10 to 15 minutes. Sprinkle with Parmesan cheese and serve. Serves 8, 3-5 years. <i>Source: www.heart.org</i>	
	Packaged Crushed Tomatoes Diced Tomatoes Tomato Paste Kidney Beans Low Sodium Vegetable Broth Parmesan Cheese Whole Grain Crackers Whole Wheat Rolls White Rice Orzo Pasta Applesauce Pumpkin Ciabatta Bread Croissants Pesto Corn Tortillas Oatmeal Kix Cereal Maple Syrup		Lettuce Cauliflower Artichokes Yellow Onion Butternut Squash Tomatoes Strawberries	Butter-Nutty Snack Dip 1lb. Butternut Squash 1 T Tahini ¼ tsp. Salt 1 tsp. Maple Syrup	Preheat oven to 400°. Roast squash facedown on baking sheet for 50 min. until tender; cool 5 min. Scoop out flesh into med. bowl. Mash with tahini, syrup and salt. Serves 4, 3-5 years. <i>Source: rad dish</i>
			Meat Ground Turkey Whole Chicken Salmon Beef Ribs	Italian Soup in a Flash 2 C dry Orzo pasta 4 C low-sodium Vegetable Broth 15.5 oz. can Kidney Beans 14.5 oz. can diced Tomatoes ¼ C Tomato Paste	1/2 (16oz.) package frozen mixed Vegetables 2 tsp. dried Italian Seasoning 1/4 tsp. Black Pepper 5 oz. frozen spinach, thawed 1 C Parmesan Cheese
				Cook orzo per package directions; drain and set aside. While orzo cooks, pour broth into a large saucepan and heat to a boil over a med-high flame. Add beans and their liquid, tomatoes, paste and vegetables. Sprinkle with seasonings. Bring to a simmer. Just before serving, add spinach and heat until it is bright green. Place orzo, about 1/3 cup per serving, in soup bowls. Ladle soup over orzo, top with parmesan cheese. Serves 10, 3-5 years <i>Adapted from wholefoodsmarket.com</i>	



**Happy
Valentine's Day!**